

Just for You

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www.TeenHealthExplosion.com

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Get Chance to Win \$100 Gift Card

Just imagine what you could get with a \$100 gift card – CDs, clothes, electronics ... you name it!

Now when you get a free well-care checkup, you can also get a chance for such a shopping spree! Call it an extra reward for keeping your body running in tip top shape.

How do you become eligible to win?

Just get your TENNderCare well-care checkup from your doctor or health clinic before April 15, 2009.

Then call us at **1-800-333-3819** and let us know. Tell us when and where you received your well-care checkup and the name of the doctor who did your checkup.

We'll put your name in the drawing for the gift card.

Remember, the checkup is **free** for TennCare members under the age of 21. A yearly checkup is important – even if you're feeling well.



Be Wise, Immunize!

Vaccines give you a healthy start in life. Teenagers are busy. There is not time in their schedules for illnesses. Vaccinations are one way to help keep you well.

Getting vaccinated on time is important. Even if shots are accidentally missed, it is still very important to get the vaccine.

Vaccines are very safe and effective. If you have not been vaccinated and are exposed to a germ, your body may not

be strong enough to fight the disease. Vaccinating you against disease also helps to protect others.

Vaccines also slow down or stop disease outbreaks. Remember, getting the disease is much more dangerous than getting the vaccine.

So, the key to staying healthy is to get regular physicals and vaccinations.

It is important to get your well-care TENNderCare checkup every year.



Remember, if you are a BlueCare or TennCareSelect member under age 21, these checkups are free.

Resources: TNAAP, CDC, Medical News Today

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VSHP

Volunteer State Health Plan

Just for You

For BlueCare and TennCareSelect members under age 21

How's Your Respect?

Respect is an attitude.

It is acknowledging that something or someone has value. Being respectful helps you succeed in life. If you don't have respect for friends, authority, or yourself, it's almost impossible for you to succeed.

A respectful person takes care of belongings and responsibilities, and a respectful person gets along with peers.

How can you show respect to others?

- Be honest – If you do something wrong, admit it and apologize.
- Be polite – Use “please” and “thank you.”
- Be reliable – Keep promises. Show others that you mean what you say.
- Be a good role model. Remember others look up to you.
- Be caring – Show concern for people, animals and the environment.
- Obey laws – Follow rules.
- Don't bully or pick on others.



Self-respect is one of the most important forms of respect. There is no pride in stealing, cheating, or lying. Once we respect ourselves, it is easier to respect others.

Whenever you are in doubt, keep in mind the saying: “Do unto others as you would have them do unto you.”

Are you a respectful person?

Go to the following Web site to take this self-evaluation, and find out what values help promote respect : www.goodcharacter.com/ISOC/Respect.html.

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BlueCare®
TennCareSelect

TENNder CARE
Tennessee's Teen Program

Para información acerca de
TennCare in español,
llame al 1-866-311-4290.

1st Quarter 2009

A Web Site Just for You

To show our respect for you, Volunteer State Health Plan created a Web site just for teens. Find health information of special interest to teens, such as:

- Sexually Transmitted Diseases (STDs)
- Tattoos and body piercings
- Relationships
- Nutrition
- Depression
- And more



Free Services

As a BlueCare or TennCareSelect member, you can get the following free services:

- Information on FREE interpretation and translation services
 - TENNderCare information in an audio or Braille format, if needed
 - A ride (if you need one) to your doctor or health department
- Just call:

1-800-468-9698 if you are a BlueCare member,

1-800-263-5479 if you are a TennCareSelect member. (If you are in foster care and need a ride to your doctor, call 1-866-311-4287.)



What is Preventive Dentistry?

Preventive dentistry means a healthy smile for you. You should go to your dentist every six months for a checkup. You will learn how to protect your teeth.

The earlier you begin visiting the dentist, the better to prevent dental disease and help you be cavity free.

- Preventive dentistry includes:
- Seeing the dentist every six months
 - Brushing
 - Flossing
 - Fluoride
 - Sealants
 - Proper Diet
 - Parent involvement

Dentists have known for a long time that having a healthy mouth helps you have a healthy body.

If you have a healthy mouth, you can:

- Chew more easily
- Speak clearly
- Have better general health
- Have confidence in your appearance

If you are on TennCare, you have TENNderCare (EPSDT) dental services until you reach the age of 21. These services include regular six-month checkups at no charge, fluoride treatments and sealants.

If you have TennCare, call Doral Customer Service at 1-888-233-5935 or visit the Web site at www.doralusa.com for:

- help finding a dentist
- questions about your TennCare dental benefits
- help with interpretation and translation
- help with a ride to the dentist.

Tanning Booths – Good or Bad?

Artificial tanning is long-term exposure to artificial sources of ultraviolet rays such as tanning beds. It increases the chance of skin cancer in both men and women.

According to the National Cancer Institute, more than 1 million people are diagnosed with skin cancer every year. Skin cancer can be deadly.

Who is at risk?

Anyone who uses a tanning bed increases the risk of developing skin cancer.

Others at higher risk are:

- Those with fair skin
- Those with light hair, red hair or blonde hair
- Those with blue, green or grey eyes.

Can it be prevented?

Stay away from tanning beds. It will decrease your risk of skin cancer. Instead, use sunless tanning lotions or sprays.

So, what's the bottom line?

- Do not use tanning beds
- Look for any changes in the size, shape or color of a mole
- Call your doctor for a TENNderCare checkup if you find any changes related to your skin.

It is important to get your well-care TENNderCare checkup every year. Remember, if you are a BlueCare or TennCareSelect member under age 21, these checkups are free.

Resource: National Cancer Institute



Eating Disorders Are Harmful

Teens and pre-teens sometimes develop serious problems with eating habits. This is called an eating disorder. People who have eating disorders may have odd eating habits. Sometimes they hardly eat anything at all. Sometimes they eat too much then make themselves throw up. Some people exercise for very long periods of time after eating.

People with eating disorders also think about their weight all the time. They don't have a true picture of how their body looks. When they look in the mirror, they see a body that is heavier than the rest of the world sees. They become obsessed with losing weight.

Having an eating disorder can be serious. It can lead to problems with your health, schoolwork, behavior, and relationships. Some people even die from the disorder if it is not treated by a doctor. A



person with an eating disorder **MUST** get help.

Often people with eating disorders have emotional problems that they want to control. Be sure to talk with your parents, your doctor, or another adult you trust if you think you have a problem with eating or body image.

Sometimes it seems like everyone in magazines and on television is very thin. Maybe they seem to be more popular for being thin. That might make it hard to feel good about your body unless it's very thin. But, it's more important to be healthy, not very thin. Focus on being healthy, not on exactly how much you weigh. Healthy bodies come in lots of shapes. And remember, weight and size are not the way to judge whether or not someone is a good person.

Mike the
Myth
Slayer



Myth: Only teenaged girls have eating disorders.

Fact: Although more girls than boys have eating disorders, a significant number of boys and men also have eating disorders. Eating disorders can happen at any time in a person's life, but most commonly they begin in the teens and 20s.